



## RELATIONSHIPS AND SEX EDUCATION POLICY (313a)

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### Policy Statement

The Relationships and Sex Education Policy has been drawn up in accordance with the following Government legislation and with directives from the Roman Catholic Church:

Amendments made to the 1993 Education Act

DfE Statutory Guidance July 2000, which requires schools to formulate a written policy statement on relationships and sex education

2010 Equality Act

DfE Guidance on Relationships and Sex Education and Health Education, July 2019

The Policy is entirely in accordance with the spirit of our mission statement which explicitly commits us to the full personal development of each pupil within the context of a Catholic school.

### Policy

We recognise that parents are the first teachers of their children.

Pope John Paul II reaffirmed this in *Familiaris Consortio*:

“... any educative activity, related to education for love and carried out by persons outside the family, must be subject to the parents’ acceptance of it and must be seen not as a substitute but as a support for their work. In fact, sex education, which is a basic right and duty of parents, must always be carried out under their attentive guidance whether at home or in educational centres chosen and controlled by them...”

We, therefore, see the role of the School as one which complements and supports the personal relationships education already provided by home and family, in accordance with British values of individual liberty, mutual respect and tolerance of others’ choices, so that pupils are prepared for life, as adolescents and as adults, in a responsible and well informed manner.

Our aims take into account the teaching of Pope Francis in his post-Synodal apostolic exhortation *Amoris Laetitia* (On love in the family) of March 2016.

### Aims

We aim to:

- provide a framework in which pupils can be helped to make informed decisions about relationships and sex based on Roman Catholic teaching;
- provide a stable defensible set of spiritual and moral values for pupils to discern the impact and influence of peer, social and media pressure;
- ensure pupils’ full understanding of their own physical and emotional development;
- build a pupil’s positive self-image leading to a better understanding and respect of themselves and of others including the issue of sexual consent;

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- lead pupils to a greater understanding of sexuality in all its different forms including heterosexuality, homosexuality, gender identity and gender transition;
- promote recognition of the value of meaningful relationships, marriage and family life;
- meet each pupil's need for knowledge and understanding of sexual matters at the various stages of her development, in partnership with her parents;
- enable pupils to recognise the significance of their relationship choices and the responsibility which they bear for their decisions;
- create a positive, welcoming and secure environment for open discussion and constructive critical thinking.

Individual advice and confidential consultation on any personal matters is available to the pupils from the School Nurse, School Doctor, School Chaplain and the Independent Listener and School Counsellors.

## Practice

The Senior Deputy Head, the Pastoral Deputy Head and the Academic Deputy Head together with members of the Curriculum and Pastoral Group co-ordinate the RSE programme in consultation with the Headmistress, the Chaplain and the religious studies and biology departments.

RSE is delivered through a planned, balanced and cross-curricular programme which spirals throughout the 11 to 18 years age range. The programme presents the teaching of the Catholic Church and recognises that pupils need to be aware and respectful of different attitudes. Discussion and debate within lessons promote the full and free exploration of all aspects of RSE including religious and legal considerations.

The programme is delivered either by external professional providers or by members of the coordinating team along with teachers selected for their confidence and skills in this area. Training and support is provided for all teachers delivering the programme.

The help of outside agencies is sought to support the programme and outside speakers, who are able to support the Catholic ethos of the School, are invited to complement the School's teaching with their professional perspectives.

There is regular review and evaluation of the programme which includes the views of the pupils. Practice will be amended as a result of this ongoing process of review.

## Content

- Year 7**
- Friendship and bullying
  - Changing bodies
  - Body awareness
  - Safety Outside of School
  - Stereotypes
  - Children's rights
  - E-Safety
- Year 8**
- Understanding the 'self'
  - Safety in the street
  - E-Safety
  - Speaking your mind
  - Changing relationships
  - Exploring sexuality

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- Year 9** Healthy Relationships  
Authentic consent  
Prejudice and discrimination  
Confidence and self esteem  
E-Safety  
Assertive behaviour  
The power of the media  
Parenting  
Living well on and off line
- Year 10** Towards equality  
Human rights  
E-Safety  
Personal safety, consent, sexual content online.  
Sexually transmitted diseases.  
Our relationship with our changing bodies.  
Equality and Diversity in the UK  
Pregnancy  
FGM
- Year 11** E-Safety  
Women's Health  
Marriage and civil partnership  
Dealing with stress  
Health matters  
Healthy relationships
- LVI** E-Safety  
Decision making  
Toxic masculinity  
Women's Health  
Pornography  
Confident communication  
Healthy relationships  
Self-defence
- UVI** E-Safety  
Sex and Gender  
Models of stress  
Women's Health  
Positive relationships  
Personal safety and wellbeing beyond school  
Self-defence

## Roles and Responsibilities

The School ensures that all involved in the delivery of RSE are familiar with their legal and professional responsibilities.

Teachers who teach RSE within a curriculum subject or as part of the skills for life programme will always teach in accordance with the previously stated aims of this policy.

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Teachers are not in a position to promise confidentiality if they become aware of inappropriate sexual activity or behaviours. The School will take into account the age of the pupil concerned and all the relevant circumstances and will at all times act in the best interests of the pupil and other pupils. (See also the Confidentiality Policy and the Data Protection Policy.)

Any teacher who becomes aware of information, about which they judge a parent would want to know, must inform the Pastoral Deputy Head. The Pastoral Deputy Head in consultation with senior and pastoral staff then decides whether it is necessary to speak to the parent.

Pupils are advised in all instances to confide in their parents and are made aware that some disclosures must be reported in order to protect them.

Pupils should be aware that anything discussed with the school nursing staff concerning their physical or psychological wellbeing is confidential. Nothing will be passed on except to a responsible adult who also has a duty of care and who needs to know. Pupils over the age of 16 have a legal right to confidentiality in any matter they choose to discuss with the school doctor.

### **Parental Partnership**

The Relationships and Sex Education policy is available to parents when their daughter enters the School.

Parents have the right to withdraw their daughter from all or part of the planned programme. Parents wishing to exercise that right are invited to discuss their concerns with the Senior Deputy Head or the Pastoral Deputy Head.

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